

Bell Peppers

Varieties

Green

Red

Yellow

Orange

Key Nutrients

Vitamin C

Vitamin A

Vitamin B6

Vitamin E

Where and When do I Grow?

I can be grown in a variety of climates, but am frequently found in North America, Central America, Europe, Africa, and Asia.

Find me in your backyard from June to August!

Mini Lesson

How many seeds are in a bell pepper? Have students predict how many seeds they think are in the bell pepper. Cut open the pepper and let students count out the seeds. Were their predictions correct? Compare predictions to how many seeds there actually are!



Opportunities for Extension

Cut a whole pepper in half and examine the seeds and flesh under a microscope. Compare to other fruits or vegetables.